

Detoxification for Physical and Spiritual Health

by **dr. lisa hunt** | photo by **kristoffer heacox**

Detoxification is the most exciting tool in natural medicine for its simplicity, low cost and superior therapeutic results. It's actually fun to participate, and you'll feel results almost immediately.

Our bodies detox continuously as a natural function. It's only when our detox mechanisms become overloaded that the process becomes less efficient and symptoms may occur. Toxins may be internal or external in origin. Pollution or pesticides in our food source put undue stress on our detox organs, which are the kidneys and liver. Improper digestion and imbalanced gut ecology provide internal forms of toxins in the way of metabolic byproducts stemming from certain bacteria which have toxic side effects, and therefore impact negatively on overall health by compromising detox pathways.

It has been suggested that toxic overload contributes to more serious conditions such as autoimmune diseases, inflammatory/rheumatoid arthritis and neurological disorders such as Parkinson's and Alzheimer's. The goal of our Designs for Health 28-Day Cleansing Program is to gently and slowly cleanse your body of toxins that add an extra burden so serious diseases like these can be avoided. This program should turn your liver into a healthy, cleansing machine.

Symptoms which may be relieved by following a detox program include: digestive problems, bad breath, fatigue, irritability, general malaise, constipation, headaches, itchy skin, joint pain, skin rashes, resistance to weight loss and poor concentration.

A carefully planned detoxification program can offer you: anti-aging effects, clearer skin and eyes, increased productivity, greater motivation and creativity, weight loss and reduction of allergic symptoms. ■

Designs for Health 28-Day Cleansing Program is a unique program offered at Valley Wellness Center. Call today at 209-577-2799 to schedule your free consultation!

Dr. Lisa Hunt



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is Board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.

DETOXIFICATION
Is your body overloaded with toxins?

Symptoms that may be relieved by following a detox program include:
 DIGESTIVE PROBLEMS • IRRITABILITY • HEADACHES • WEIGHT LOSS
 RESISTANCE • FATIGUE • POOR CONCENTRATION • AND MORE...

What a carefully planned detoxification program can offer you:
 WEIGHT LOSS • CLEARER SKIN AND EYES • INCREASED PRODUCTIVITY
 REDUCTION OF ALLERGIC SYMPTOMS • ANTI-AGING EFFECTS

RELAX... BREATHE... GO FOR WALKS...
This is the time for you to take care of your unique self!

SUMMER SALE
20% OFF DETOXIFICATION PROGRAMS
Call today for your free consultation!

DR. LISA HUNT
 AT VALLEY WELLNESS CENTER

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"BUILD ON EVERY LEVEL OF YOUR HEALTH TO ACHIEVE THE BEST QUALITY OF LIFE."